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- IV Remember the sabbath day, to keep it holy.
- V Honor thy father and thy mother.
- VI Thou shalt not murder.
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**December 4, 2021**  
**Jesus' Birthday Bash & BBQ**  
**See Page 2**

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## Developing An Attitude of Gratitude Can Help You Live a Longer, Happier Life



Besides sharing time with family and friends over food, the primary ingredient of the American Thanksgiving holiday is gratitude. While it's certainly good to have an annual holiday to remind us to express gratitude, there's much to be said for the benefits of cultivating the spirit of thankfulness year-round.

People who are thankful for what they have are better able to cope with stress, have more positive emotions, and are better able to reach their goals. Scientists have even noted that gratitude is associated with improved health.

"The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness (depending on the context). In some ways, gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible.

With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves.

*Continued on Page 8*

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## GFWC Arts & Crafts Show

GFWC Lutz-Land O'lakes Woman's Club Is Back and preparing for its Fabulous 42nd Arts & Crafts Show on Sat. Dec. 4th & Sun. Dec. 5th at the Campus of Keystone Prep, 18105 Gunn Hwy. (North of Van Dyke), Odessa 33556. The club women anticipate a large crowd for this very popular FREE family weekend event.

The Juried Arts & Crafts Show will have generous cash awards presented to the artists. Over 200 vendors with very unique wares will be available at both indoor & outdoor booths and a large food court will offer a great variety of foods. This show is always a big hit with families and friends enjoying a fun holiday atmosphere with unique shopping and great food choices. Find a special gift or treat yourself to original artwork, photography, hand-crafted jewelry, artisanal products, wood and metal art, plants, yard art and much more.



Mark your calendar for this show on Sat & Sun Dec. 4th & 5th.  
 Show Hours: Sat. 10 – 5pm; Sun. 10 – 4pm  
 Admission is FREE. Parking fee of \$5 per car will benefit the school. VIP parking is \$10. Limited handicapped parking is available. For info, call Show Director Faith Sincich at 813-389-2710 or visit [LutzArtsandCraftsShow@gmail.com](mailto:LutzArtsandCraftsShow@gmail.com).



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See article on Page 10





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## An Act of Kindness: The Good Samaritan



Jesus answered, “A certain man was going down from Jerusalem to Jericho, and he fell among robbers, who both stripped him and beat him, and departed, leaving him half dead. By chance a certain priest was going down that way. When he saw him, he passed by on the other side. In the same way a Levite also, when he came to the place, and saw him, passed by on the other side. But a certain Samaritan, as he travelled, came where he was. When he saw him, he was moved with compassion, came to him, and bound up his wounds, pouring on oil and wine. He set him on his own animal, and brought him to an inn, and took care of him. On the next day, when he departed, he took out two denarii, and gave them to the host, and said to him, ‘Take care of him. Whatever you spend beyond that, I will repay you when I return.’ Now which of these three do you think seemed to be a neighbor to him who fell among the robbers?”

He said, “He who showed mercy on him.”  
Then Jesus said to him, “Go and do likewise.”

— Luke 10:30–37, World English Bible

## Exploring the Mystique of Mesa Verde

Written by Karen McBride



As people are beginning to travel again, many Floridians are venturing out west to enjoy all of God’s amazing creations. The majestic mountains and deep canyons of Colorado are a sight to see, especially for those of us that are used to the flatlands and white sandy beaches of Florida.

Mesa Verde National Park is located in Colorado and home to vast canyons where the ancestors of the Pueblo people built thriving communities within the walls of the canyons. For over 700 years, the Pueblo people lived in the area, first making their homes in underground pit houses and scaling the cliffs to reach the water as it trickled into the caverns, known as seep springs. Eventually, they moved into cliff dwellings high in the walls of the canyons to be closer to the water supply. Although closer to the source of water, this also meant scaling cliffs each day to hunt and gather food from their farmland on the mesa tops. The hand and toe holds that were made to climb up and down the steep canyon walls are still visible at many of the sites.

One of the most amazing archeological sites is Cliff Palace. Discovered in the late 1800s, the structure was built by individually crafted blocks of sandstone, mortar, and wooden beams. It once contained 150 rooms and 23 Kivas, which were the gathering places to worship for the Pueblo people. The large number of Kivas indicates that their religion was very important to them.

Other sites include the Balcony House, which consisted of 38 rooms and 2 Kivas, and Long House, which is similar in size to Cliff Palace, with 150 rooms and 21 Kivas. Tickets for guided tours can be purchased to gain a first-hand experience to what it must have been like to live in these dwellings. To access Balcony House, visitors must climb a ladder and can choose to crawl through tunnels to get to the different rooms. A one-mile hike is required to gain access to Long House. Or you may choose to view the locations from one of the many overlooks throughout the park.

Around 1270 A.D., the Pueblo people began migrating to New Mexico and Arizona. By 1300, the remaining descendants had left Mesa Verde, but the incredible workmanship of the cliff dwellings has remained. For more information or to plan your visit, go to <https://www.nps.gov/meve/planyourvisit/index.htm>

Photo of Cliff Palace taken by Belinda Poirier.



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One day up in heaven, God said to the men, “I want you to form two lines. One line is for the men who are the head of the house, and another line for the men who let the woman be the head of the house.” The line where the woman ran the house was 100 miles long. The line for men who are the head of the house had only one man. God said, “I’m ashamed of you. I created you to be the head of the house but only one man stood up to make me proud.” He looked at him and said, “Tell me, how did you manage to be the only one in this line?” The man looked confused and said, “I don’t know, my wife told me to stand here.”

*Say it like you mean it. Joel Osteen*

## Thanksgiving

This month we celebrate Thanksgiving Day. We learned in school that the first Thanksgiving was celebrated by the Pilgrims at Plymouth Rock in 1621. What we may not remember is that the Pilgrims didn’t have many reasons to be thankful. H. U. Westermayer noted, “The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving.”

St. Paul wrote, in Philippians 4, “**Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.**” We are not instructed to ignore our needs or make believe that they do not exist.

No, we are told to acknowledge them and present them to God in prayer. Yet, in the midst of our worries and prayers, Paul asks us to remember everything that is good and offer thanks.

Lately, the news in our world has not been very good. Personally, you may find yourself in times of difficulty. It is important, especially during times like these, to remember to be thankful, even though it may not be easy to do.

Being thankful reminds us that not everything is bad. We often get focused on our problems and miss all the good around us. Reminding ourselves of what is good in our lives can help raise our spirits above our problems, and produce the faith we need to accompany our prayers.

Being thankful produces hope. As the old saying goes, “This too shall pass.” Thankfulness reminds us of times when situations changed, friends helped, and God proved faithful. Hope gives us the strength to endure, to keep going.

Being thankful creates a humble heart. Gratitude recognizes the contribution of those around us. It reminds us that we are never self-sufficient, and that we often need the support and encouragement of others. The Scriptures tell us that God rescues the humble.

Lastly, being thankful blesses others. We can’t always give the way we want to, but we can always give the gift of appreciation. Saying thank you can make a person’s day or even change a life. I pray your Thanksgiving season will be one of abundance, full of love, laughter and friendship. I pray that your needs will be supplied, and your surplus will be used to bless others. I pray that your heart will overflow with gratitude to God and as a gift to others.

Happy Thanksgiving!

Thank you to all our readers and partners!



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## Being Thankful In Everything

Samantha Taylor, Samantha Taylor Fitness

Through many trials we have all gone through this last couple of years, I have found great solace and comfort in focusing on what I am truly thankful for. I know that might sound cliché, but it really matters. I saw someone post this, and it made me think about that.

The post said, “Your job is the dream of the unemployed, your house is the dream of the homeless, your smile is the dream of the depressed, your health is the dream of those who are sick. Beautiful things happen when you distance yourself from negativity. Find something to be grateful for.”

Then I looked up in the Bible what it means to be thankful, and it says in 1 Thess. 5:16-18 “in all things give thanks.” In everything? Even the tragedies? Even the loss, pain, and sorrow? The mind has a hard time comprehending that, but it may help when we look at our life and realize that everything works together for good for those that love God and are called according to His purpose.

Nobody likes going through trials when it's happening, but I believe that's one reason why God talks about giving thanks in all things. The word “thanks” in that scripture means “to worship God”. After seeing that, I saw that scripture differently, thinking about worshiping God even in the tough times.

Why? Because He is still God, regardless if we go through tough times or not. He is still on the throne, regardless if our heart is broken. He still knows the beginning from the end, something that we cannot see or how it all fits together.

That's where the trust comes in because we know that our God is in control and that even though we may have heartbreak, He can comfort us in that pain, He can help us heal and recover. Because as difficult as it is, I believe that God is sovereign and He is in control, and if something difficult happens, we can trust that He must have a plan for it even though maybe we don't see it now, but there is a plan.

So maybe think about some things that you are thankful for in this life, even though so many difficult things are going on around us. I encourage you this month, every day that when you start to think about focusing on the negativity, stop and make yourself think about what you are grateful for.

If you have both of your eyes, you can see, many don't have that. If you have all of your limbs and can walk, there are millions of people out there that would absolutely love that ability. It truly all is perspective of what we focus on.

The one thing that I know is that God is in control and I can trust Him even in difficulties and tragedies. I have found that spending time with Him, getting to know Him and His nature and how truly amazing it is to be in a relationship with the Creator of the universe, I have learned to trust Him more. If you struggle with trusting Him in difficult times too, perhaps this article was brought to you for you to start getting your focus on what to be thankful for. One thing I've learned about going through trauma is that it does change you and you can either become bitter or better, how you walk through that situation has a big part of it.

Usually, we don't choose to go through trauma. However, we can have an impact on the experience of how we process it. This Thanksgiving, I encourage you to think about what you are truly thankful for.

If you would like some delicious recipes for Thanksgiving that can add to the ones you already have or if you're looking for some healthier alternatives that still taste amazing, go to this link to get our 27 Thanksgiving recipes from our dietitian. Plus, Nov 8th, she is doing a free webinar on how to survive the holidays.

<https://samanthataylortfitness.com/thanksgivingrecipes>  
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## Preventing and Treating COVID-19 in Children and Teens

By Karen McBride

We are well aware that adults can contract COVID-19, but, unfortunately, children and teens are also susceptible. However, there are certain precautions we can take to reduce the chance of becoming ill with COVID-19 or the flu.

Wash your hands often, avoid touching your face, limit exposure to people outside the home, and wear masks.

Hand washing should last for 20 seconds. Try to make it fun with your child by singing his or her favorite song while hand washing.

Encourage your child or teen to practice social distancing. Limit the people they are exposed to whenever possible. If you can leave them at home with a family member while you go to the store, then do so. If they must go out in public, they should wear a cloth mask and use hand sanitizer often.

Clean and disinfect your home, especially toys, doorknobs, tables, light switches, television remote controls, and, of course, bathrooms.

As in flu prevention, eating a healthy, well-balanced meal, getting enough sleep as well as plenty of outdoor exercise in the fresh air and sunshine, can help to build your immune system to fight off the illnesses.

If you suspect your child has been exposed to COVID-19, the symptoms can include fever, cough, nasal congestion or runny nose, sore throat, shortness of breath, fatigue, headache, muscle aches, nausea or vomiting, diarrhea, poor appetite, new loss of taste or smell, or belly pain.

If your child is exhibiting any of these symptoms, call to schedule an appointment with Dr. Michele Johnson-Towson of Pediatric Place of Tampa, a board-certified pediatrician with over 30 years of experience in caring for children ages newborn to 21 years old.

Pediatric Place of Tampa is located at 1338 W. Fletcher Avenue, Tampa, FL 33612. For more information or to schedule an appointment, call 813-264-2288.

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## Have You Ever Had This Common Yet Misunderstood Pain?

**"Come to me, all who labor and are heavy laden, and I will give you rest." (Matt 11:28)**

We are talking about Sciatica. The sciatic nerve is the longest and thickest nerve in the body. Five nerves from the lumbar and sacrum area of the lower back come together to form a right and left sciatic nerve. These nerves run through the buttocks and down the back of the legs to the knee. At the knee, the sciatic nerve branches into other nerves and runs down the calf into the feet and toes. This is why you can feel sciatic pain all the way down your leg.

The pain can be excruciating at times. It may feel like a burning sensation, mild ache, numbness, or like an electrical shock. The pain, which is due to the nerve being pinched, is often caused by bone spurs, spinal stenosis, or herniated disks. However, there can be other more serious causes, and it should be properly diagnosed by a physician. Often the pain is short-term and can be managed by self-care.

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  - Good body mechanics while standing for extended periods and when lifting heavy objects including weights at the gym
- Self-Care:**
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**"For my yoke is easy, and my burden is light." (Matt 11:30)**



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**— Psalm 136:1-3**



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# It’s Hard to Believe... Persecuted for Your Faith!

Dr. Dianne Coflin  
Co-pastor, River of Life Church

We’ve seen some horrible images of Christians in Afghanistan being persecuted, losing their lives for their faith.

What does it mean to be persecuted? It means to subject (someone) to hostility and ill-treatment, especially because of one’s race, political or religious beliefs.

We often see some form of persecution taking place every day. People no longer respect boundaries, and they allow their hostilities to be expressed in ways that are alarming. People are no longer given space or their right to have their own beliefs or opinions without being persecuted.

Did you know that Jesus explained in the fourth chapter of Mark that there are five ways that the enemy comes to steal the word of God from us? They are the cares of this world, the deceitfulness of riches, the lust of other things entering in, afflictions (pressures), and persecution. To be persecuted and harassed for your faith or over your right or choice to believe in whatever you are convicted about is an evil work designed to take you captive into hate, bitterness, and unforgiveness. It is a lethal combination designed to destroy you.

I am reminded of Stephen’s persecution described in Acts chapter 6 and 7. Being stoned to death is sort of foreign to us here in 21st century America. However, it was quite a common practice during the early church times. Stephen, who was lied about and then brought before the High Priest, declared the gospel with such power that the words he spoke infuriated all who were listening. So much so, that they shook their fists at him in rage. They could not receive the truth or authority with which he spoke.

Have you ever wondered why Christianity is the one religion so many people cannot tolerate? Prayer in the name of Jesus has been removed from schools and other public events. We see persecution in foreign lands and unfortunately right here in America. We see atheists fighting for the removal of any symbol of Christianity anywhere they can.

What is so disarming about a gospel that preaches, “For God so loved the world that He gave His only begotten Son that whosoever would believe in Him would not perish but have eternal life”? We know this struggle is supernatural, a spiritual war being fought behind the scenes where most people cannot see or even believe exists. We are told in 2 Corinthians 4:4 that the (g)od of this world blinds the minds of people to the glorious gospel Christ.

I love how Stephen behaved with supernatural revelation and being full of the Holy Spirit he gazed into heaven, seeing the glory of God and asking that the sin of those who were stoning him would not be laid to their charge!! WOW!! And this is the gospel people don’t want to see or hear?

We are to be bold (not arrogant) as we present the gospel to others knowing that we have supernatural help to communicate the love of God as Stephen did even in the face of persecution. Walking in love and staying free of bitterness and offense will empower us to show the people of the world who are often angry and bitter God’s forgiveness.

“Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.” M. Twain

We need to make sure our vessels are free of anger and bitterness so that when we are persecuted the only thing that spills out of us is the love of God, and the word of God would not be stolen from us even if persecution comes.

I would encourage us all while there is much to debate in this world right now that we remain vigilant to guard our hearts. We must do so with diligence and not allow differing opinions to bring a bitter divide. If you are struggling with this Jesus has great strength and healing to help you! Food for thought!!

Dr. Dianne Coflin – Co-Pastor River of Life Church, Lutz, Florida. Our service times are Sunday at 10:30 and Wednesday at 7:00. Child care provided! We would love to have you visit!! 410 E. Chapman Rd. in Lutz, FL. 33549 • (813) 949-9931 • [www.roltampa.org](http://www.roltampa.org).

## Kidz Corner: Fishing & Patience



Hi! My name is Harley, and this month our topic of “discussion” is fishing and patience.

We fish in the shining lake, which is in our backyard, very happily with our family and friends. All you have to do is buy a solid, sturdy fishing pole, fishing line, and a non-disgusting worm, and find an experienced fisherman and beg him to hook it up. Then you cast it into the lake, and perhaps, you will catch yourself saying, “Lo and behold, I caught a bass!” (I said catch, LOL) But most of the time, you will say, “Lo and behold, I caught a lily pad!” Then you are probably disappointed. What my dad would say is, “Let’s go to another lake!” I would say, “Let’s go home and eat Tostitos!” (I don’t like fishing and not catching anything. It is horrendous. But that is not the point.) If you have patience, after an hour or two, you might actually catch a fish!

Jesus is patient with us, and if we trust Him, it is TOTALLY worth it in the long run. Don’t give up on things that you are doing or otherwise haven’t even started. You just need to do it, and won’t it be awesome? Just remember: we do all things in God’s strength, not ours.

Bye! See ya next month!

Harley Isabel Smith is a 4th grader who has been featured on TV as a philanthropist, has a heart for evangelism, and writes monthly for the Gazette’s Kid’s Corner.

Visit <https://harleyisabelsmith.com> where she is constantly adding written and video content to entertain and educate children.

Matthew 19:14 Jesus said, “Let the little children come to me and do not hinder them, for the kingdom of heaven belongs to such as these.”

## Choosing the Right Medicare Plan Can Be a Daunting Task

This is the time of year when Medicare beneficiaries will be inundated with marketing materials from carriers and brokers regarding offered healthcare plans. There are so many options available when choosing an affordable plan, that it becomes a confusing and daunting task. Do you need a prescription plan? Is it cost effective to include dental, vision and hearing? What if you need surgery? Does your current plan come with a high deductible? The choices can be overwhelming, and this is when expert advice is needed.

People often choose the wrong plan and later discover that it does not meet their needs. This can be a costly mistake. Don’t wait until you have an accident to find out you have chosen the wrong plan. At that point, it is too late! Have a comprehensive, unbiased review with an independent broker.

Karane Brooks is a Benefits Advisor that can discuss with you the various plans and options that best fit your medical needs. The consultation is at no cost to you. She can help you to review the ancillary plans, including Medicare Supplements (also called Medigap), Medicare Advantage Part C plans, and Prescription Part D plans to avoid unexpected costs. She has been helping clients find the right medical, dental, vision, and disability plans for over 7 years.

For more information, or to schedule an appointment, call 813-374-8242 or visit [www.plan-sandbenefits.com](http://www.plan-sandbenefits.com).

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“Jesus said to the disciples ‘I tell you the truth, it is hard for a rich man to enter the kingdom of heaven. Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.’”  
— Matthew 19:23-24

I heard about this pastor who had been out bear hunting all day long searching through the woods looking for any sign of a bear. Finally in frustration he threw his gun on the ground and went to the stream and sat down. At that time, he saw this huge grizzly bear about 100 yards away running toward him full speed ahead. The pastor fell on his knees and said, “Oh God, please convert this bear into a Christian.” Miraculously, the bear froze in his tracks and put both paws up in the air and spoke, “Lord, thank you for this food I’m about to eat.”  
*Say it like you mean it. Joel Osteen*

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“Give Thanks to the Lord, for He is good. His Love endures forever.” Psalm 136:1

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## Pasco County Tax Collector Offices Will Be Accepting Donations for AMSkills Training & Apprenticeships Program



During the month of November, the five Pasco County Tax Collector's Offices will be accepting donations on behalf of AMSkills, a non-profit program created to prepare qualified individuals interested in learning skills to work in the manufacturing field. Based in Pasco County, AMSkills offers programs from entry-level training to job placement assistance throughout the Tampa Bay area.

"AMSkills is bringing hands-on skills training to youth and adults in low-to-mid income neighborhoods through the use of our Mobile Workshop and introducing them to great careers in the manufacturing industry," states Tom Mudano, President & CEO of AMSkills. "Donations received will provide additional skills training to these individuals, free of charge, helping them to launch a new career they may have never considered before."

"I have long been a proponent of technical education as an alternative to college, especially for those with talents and abilities that are best suited to manufacturing and technology," remarks Tax Collector Mike Fasano. "We are more than pleased to support AMSkills during the month of November. We will work to raise funds so AMSkills can teach more students the skills that will benefit them in the real-life world of work. Please stop by one of our five offices in Pasco and donate to this important cause."

For more details regarding this charitable promotion, or services provided by the Pasco County Tax Collector's Office, please contact Greg Giordano, Assistant Tax Collector at 727-847-8179 or visit [www.pascotaxes.com](http://www.pascotaxes.com) For more information about AMSkills please visit [www.amskills.org](http://www.amskills.org) or contact Robyn Liska, Director of Development at (727) 301-1282 x126.

## Tampa Bay Dance Club

**November 2021 Schedule**  
**11/5 DJ & Singer Jorge Perez**  
**11/12 Rhythm Band Free Admission For First Timers Celebrating Veterans Day Bring Finger Food To Share**  
**11/19 DJ Mike Unwin**  
**11/26 DJ & Singer John Ricky Jackson Bring Finger Food To Share**  
Doors open at 6:30, dance runs from 7:30 to 10:30. Location is 8401 W. Hillsborough Avenue, Tampa Florida 33615, Luther Hall located at the Lutheran Church of Our Savior. Music to the 50's and up, Latin, & Country. BYOB-type club. Snacks and set up available. Dress code is casual and admission is \$12. Contact Roger Verszyla at 813-390-7160.  
Facebook: Tampa Bay Dance Club, Tampa Bay Dancing  
Email: [Tbdanceclub@aol.com](mailto:Tbdanceclub@aol.com)  
Website: [Tampabaydanceclub.com](http://Tampabaydanceclub.com)

Enjoying everyday life on the way to where I'm going!



Shout happily to the LORD, all the earth. Serve the LORD cheerfully. Come into his presence with a joyful song. Realize

### A Psalm of Thanksgiving

PSALM 100 GOD'S WORD TRANSLATION

that the LORD alone is GOD. He made us, and we are his. We are his people and the sheep in his care. Enter his gates with a song of thanksgiving. Come into his courtyards with a song of praise. Give thanks to him; praise his name. The LORD is good. His mercy endures forever. His faithfulness endures throughout every generation.



### Samantha Taylor Fitness

#### What Our Longest Advertiser Says

When my personal training career started in this area over 19 years ago, Mark Dunn called me and asked if I wanted to be a part of their paper. I was new in business in this area and knew I had to get my name out there, so this was the first media outlet I had ever advertised in. As people started to hear about what I offered, through THIS paper, my name started to get out in the community, and in a few years I became the #1 producing personal trainer in the large gym I was in, out of 2,000 trainers!

When it was time to go out on my own, God used THIS paper to give me the confidence that I could find clients outside of that gym. I knew I must, because I wanted to create an environment for women that didn't want to be in a gym. That wanted a safe place they could work out and not feel judged. I also enjoy catering to Christian women who liked that our studio cared about that.

Now we have trained over 6,000 people, have 17 trainers, won the Small Business of the Year Award by the Chamber, give free seminars to the community, and started a meal prep service delivered to your home. We opened our 5th location in Palm Harbor, and we just moved our Wesley Chapel location into a new building that we own. We also have Land O Lakes, Carrollwood, Westchase, and more to come!

I thank God for bringing this paper into my life, and I am SO grateful, for they helped give me the original confidence that I could build this business, and look what it's turned into and the amount of people we serve! The owners, Mark and Kay, are some of the nicest, most genuine people you'll ever meet and I appreciate how they honor Jesus Christ in this paper. It's such a blessing to partner with them, and I'm happy to know that I am the longest partner in the last 19 years!

## Pasco Tax Collector Offices Collected Over \$4,500 for Boys & Girls Club of Tampa Bay



This past summer, the five Pasco County Tax Collector Offices accepted donations on behalf of the Boys & Girls Club of Tampa Bay. The goal of the Boys & Girls Club is to help young people reach their full potential as productive, responsible, and caring members of their community. A vast majority of participants come from single-parent homes and live at or below the poverty level. The Boys & Girls Club provides not only a safe environment for youth to socialize, but even more importantly it assists in mentoring students who need academic assistance to succeed in school and ultimately in life.

"Our generous customers donated over \$4,500 to the Boys & Girls Club of Tampa Bay to raise money to help the at-risk and other children in need of assistance," comments Tax Collector Mike Fasano. "I would like to thank everyone who dug deep to help this very important program grow and be able to serve more young people in our community. Many thanks!"

"We are grateful to Pasco County Tax Collector, Mike Fasano, for allowing us to have a platform to reach our friends in Pasco County and for all of you who donated to our cause," comments Terry Carter, CEO of Boys & Girls Clubs of Tampa Bay. "Since our founding in 1926, we have been on a mission to enable all youth to reach their full potential as productive, responsible, caring citizens. Your support is changing the lives of children in our community."

The Pasco County Tax Collector's Office holds charity-of-the-month and other charitable giving events throughout the year to help people in our community who are most in need. For information about the charitable giving program please contact Assistant TaxCollector Greg Giordano at (727) 847-8179 or visit the website [www.pascotaxes.com](http://www.pascotaxes.com). For more information about the Boys & Girls Club of Tampa Bay please reach out to Elisa Jackson, Chief Development Officer at (813)769-7528 or visit [www.bgctampa.org](http://www.bgctampa.org)

Elisa Jackson joined Tax Collector Mike Fasano and members of the tax collector's staff to accept the donations collected (see photo).

## Pasco Tax Collector Offices Collected Over \$2,800 for Firefighters Charities



The MDA Boot Drive Coordinator Sean Messer and fellow firefighters joined Tax Collector Mike Fasano and members of the tax collector's staff to deliver the donation.

During the month of September, the five Pasco County Tax Collector Offices accepted donations on behalf of the Firefighters Charities of Pasco's Muscular Dystrophy Association (MDA) Boot Drive. Traditionally, over the past six decades, firefighters have stood on street corners, fire boot in hand, to collect donations from cars passing by. Breaking with tradition, the Pasco County Tax Collector's Offices have served as donation sites for those who want to support this worthy cause. 2021 is the second year the Pasco County Tax Collector's Office has participated in this charitable giving drive.

"Last year our generous customers donated over \$2,000 to the Firefighters Charities of Pasco's efforts to raise money to fight this disease," comments Tax Collector Mike Fasano. "This year our staff and customers raised over \$2,800 to help the MDA fund its 150 research projects around the world. Thank you to everyone who stopped by one of our offices to donate in support of this great cause."

The Pasco County Tax Collector's Office holds charity-of-the-month and other charitable giving events throughout the year to help people in our community who are most in need. For information about the charitable giving program please contact Assistant Tax Collector Greg Giordano at (727) 847-8179 or visit the website [www.pascotaxes.com](http://www.pascotaxes.com).





# The Great Florida Outdoors: Biological Control

Dr. Robert Norman, Clinical Professor, Dermatology, Nova Southeastern University



the Department of Agriculture and Consumer Services has come up with a natural bio-control solution for these vines. They have released over six hundred thousand predator beetles, which were found in China and Nepal. Since the release of these beetles, many air potato vines have been decimated and populations of these beetles have been rising in areas that they have been released. The air potato vine is the only food source of these bright-red beetles, so you do not have to worry about them moving to other crops.”

Here is more from Govan. “The best part about ordering these beetles is that this is a free service. The Department of Agriculture will send you a small vial of twenty-five to fifty beetles that you can release on your property for FREE. Yes, that is correct. These beetles are absolutely free to you, and you can order them by copying this address below into your computer’s browser.

<http://bcrcf.ifas.ufl.edu/airpotatofiles/airpotatoforms.shtml>

I tried this site and it did not appear active. But you can go to many actual sites in nature where air potato vines are hosting these bugs and get your own.

Once they are released in your yard, the beetles go right to work feeding on the leaves of your potato vines. They will also start to reproduce by laying eggs for future generations. When the leaves do not have the ability to produce food for the vine, the plant will die. When you have sufficient numbers of beetles in your yard, you will be able to share some of the immature beetles with friends of yours who are also fighting this problem. Just take a few leaves with beetles on them and use a clothes pin to attach them to your vine.

I went online and found “UF/IFAS Faculty Celebrate Successful Completion of the Air Potato Biological Control Extension Program” from 2019. “Research and extension faculty with UF/IFAS have reached successful completion of the five-year Air Potato Biological Control Extension Program.

UF/IFAS project partners are: Dr. Carey Minteer (lead) with the Indian River Research and Education Center and Ken Gioeli (co-lead) at the



UF/IFAS Extension St. Lucie County.

This program began in 2014 as an initiative by the UF/IFAS Indian River Research and Education Center and the UF/IFAS Extension St. Lucie County in collaboration with Extension offices and partner agencies throughout Florida. The focus of the project involved the introduction of a new biological control agent *Lilioceris cheni* (Coleoptera: Chrysomelidae) and to teach residents how to use the insect to manage the invasive air potato (*Dioscorea bulbifera*). Floridians struggled to control this invasive vine which can grow up to eight inches per day and smother native vegetation. This UF/IFAS research and extension program was paired with a mass rearing effort and distribution process that helped citizens throughout Florida. Researchers at USDA ARS are credited for discovering *L. cheni* as a viable biological control agent for air potato.

The program has been highly successful with tens of thousands of *L. cheni* beetles provided to stakeholders for release. It significantly increased the general knowledge of invasive species of the people surveyed by an average of 227 percent and general knowledge about biocontrol by an average of 401 percent. Perception of the safety of biological control increased by an average of 434 percent and perceived effectiveness of biocontrol increased by 344 percent.



The combination of a charismatic and effective natural enemy along with an educational program has significantly increased the knowledge about invasive plant species and the knowledge and acceptance of biocontrol as a safe and effective control method.

The Air Potato Biological Control Extension Program was recognized with three national awards and one state award.

While UF/IFAS has completed research and extension activities with this project, edu-

cational resources will continue to be made available online at <http://bcrcf.ifas.ufl.edu/airpotatobiologicalcontrol.shtml>

## Get out and enjoy the Great Florida Outdoors!

There is so much to see and learn!

Dr. Norman is an advanced master naturalist graduate of the FMNP program from UF and a board-certified dermatologist based in Tampa and Riverview. He can be reached at 813-880-7546.



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COMMUNITY PET NEWS

Mark Twilla DVM

Sunshine Animal Hospital

Holiday Dangers for Pets

The holiday season is fast approaching. It is important to be aware of some common pet dangers during this wonderful time of the year. Unhealthy treats, toxic plants and dangerous decorations top the list.

Holiday Food Dangers

**Chocolate:** Chocolate (of any type) can be toxic and sometimes deadly to dogs.

**Xylitol:** Xylitol is an artificial sweetener found in many sugar-free baked goods. It can cause hypoglycemia and your pets blood pressure to drop to dangerous low levels.

**Turkey Bones:** Ingested turkey bones can splinter and puncture internal organs.

**Toxic Plants**

**Mistletoe & Holly:** Holly, when ingested, can cause pets to suffer nausea, vomiting and diarrhea. Mistletoe can cause gastrointestinal upset and cardiovascular problems. If you have a real Christmas tree be sure that your pet cannot drink the tree water as it contains large amounts of bacteria. Poinsettia's are toxic.

Decorations

Make sure your tree is securely fastened so your pet cannot pull it down. Electrical cords should be turned off and unplugged. Avoid tinsel and stringing popcorn as they can cause intestinal obstructions.

For more information or to make an appointment for your pet

Please call us at Sunshine Animal Hospital 813-885-7071





## Developing An Attitude of Gratitude Can Help You Live a Longer, Happier Life

Continued from Page 1

As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or God. People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude).

Regardless of the inherent or current level of someone’s gratitude, it’s a quality that individuals can successfully cultivate further.”

One way to harness the positive power of gratitude is to keep a gratitude journal or list, where you actively write down exactly what you’re grateful for each day. In one study, people who kept a gratitude journal reported exercising more, and they had fewer visits to the doctor compared to those who focused on sources of aggravation.

### Ways to Cultivate Gratitude

Cultivating a sense of gratitude will help you refocus your attention toward what’s good and right in your life rather than dwelling on the negatives and all the things you may feel are lacking.

And, like a muscle, this mental state can be strengthened with practice. Besides keeping a daily gratitude journal, other ways to cultivate a sense of gratitude include:

- **Write thank you notes:** Whether in response to a gift or kind act, or simply as a show of gratitude for someone being in your life, getting into the habit of writing thank you letters can help you express gratitude in addition to simply feeling it inside.
- **Count your blessings:** Once a week, reflect on events for which you are grateful and write them down. As you do, feel the sensations of happiness and thankfulness you felt at the time it happened, going over it again in your mind.
- **Pray:** Expressing thanks to God during your prayers is an important way to cultivate gratitude. Oftentimes we find ourselves asking God to meet our needs and wants, but forget to thank Him for all He provides for us every day. From our family, to our jobs, to our health, and to the beautiful sun, moon, and stars. Sometimes it’s the little things we tend to take for granted.

### Cultivating an Attitude of Gratitude as Part of a Healthy Lifestyle

Starting each day by thinking of all the things you have to be thankful for is one way to put your mind on the right track. Also, remember that your future depends largely on the thoughts you think today. So each moment of every day is an opportunity to turn your thinking around, thereby helping or hindering your ability to think and feel more positively in the very next moment.

Most experts agree that there are no shortcuts to happiness. Even generally happy people do not experience joy 24 hours a day. But a happy person can have a bad day and still find pleasure in the small things in life.

Be thankful for what you have. When life gives you a 100 reasons to cry, remember the 1,000 reasons you have to smile. Face your past without regret, prepare for the future without fear, focus on what’s good right now, in the present moment, and practice gratitude. Remember to say “thank you”—to yourself, God, and others. It’s wonderful to see a person smile, and even more wonderful knowing that you are the reason behind it! And with that, I wish you all a Happy and Healthy Thanksgiving!

## Enter to Win!

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Jesus said to the disciples “I tell you the truth, \_\_\_\_\_

Give thanks to the Lord, \_\_\_\_\_

Know that the Lord is God. \_\_\_\_\_

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## The Tradition of Thanksgiving



What is Thanksgiving? Thanksgiving is an American holiday meant for people to gather together and celebrate all the things they are grateful for. It is a holiday with a huge historical background that is meant to represent how people should feel thankful for the little things and to remember that they are fortunate to have things that they often forget about. To celebrate it, people gather around and enjoy a marvelous feast that takes 24 hours to prepare for families and friends to appreciate each other and Jesus. Or at least... that’s how it used to be.

I used to work in retail, and it irritated me that stores like Macy’s, Best Buy, and Kohl’s continue to open at an earlier time each year. It took the joy of Thanksgiving away from me. I didn’t feel thankful because I couldn’t spend any much needed time with my family, my friends, or Jesus. Instead, I felt dread knowing that I had to spend such a wonderful holiday dealing with selfish people who want to get the “Sales Before Black Friday” deals first. This tradition out-dates me and I can’t remember a time when people didn’t camp outside of big box retailers waiting for the stores to open up.

As if Black Friday wasn’t enough for people to begin their holiday shopping, the fact that stores open from 3:00pm to midnight on Thanksgiving Day is outrageous. This doesn’t give people enough time to enjoy their turkey, their families, or themselves, especially for people who are scheduled to go to work on this day.

Through the eyes of the employees who are forced to work on these dreadful nights, let me give some insight as to what the day is like to them. Retailers work throughout fall to prepare for both Thanksgiving and Christmas, and while both holidays are meant for happiness and joy, the people working it are feeling the exact opposite. Employees clean the dressing rooms where people will throw clothes they don’t want on the floor, leaving the whole place a disaster. It’s their job to put all of the clothes back after the store closes, an arduous and never-ending task. But customers never think about these things. All they care about is if they buy the last Apple

Mac Computer when they really should be at home enjoying a nice hot turkey meal with their family much like everyone else who shouldn’t be working on such a thoughtful holiday.

This consumerist fixation detracts from the meaning of the holiday. Thanksgiving is a holiday that dates back to the mid 1600’s in American history. New England colonists were accustomed to celebrating “Thanksgiving” days through prayer and thanking God for military victory or the end of a drought.

It is also said to be the mark of peace between the Plymouth (pilgrims) and the Wamponoag people, and they celebrated harmony by having a feast together. Unfortunately, every year it is less of a day of harmony and more of a day for shopping and people getting arrested because they’re fighting over a TV set that’s on sale.

The whole reason why the retail industry has practically ruined the meaning of Thanksgiving is because of the next upcoming holiday: Christmas Day. People want to get the best deals to shop for their family so that they will have all the gifts under the Christmas tree for their children or their parents. This goes to show that Christmas is slowly losing its real meaning too. Jesus wasn’t brought to us so that people can go shopping. Jesus was brought to us to take away the sins of the world and to help people bring peace into their hearts and souls. The concept of “giving” is a huge part of Christmas, but people seem to forget that Christmas is also a day to spread joy and love and sometimes that’s the best gift someone can give. Instead, people fight over TV sets, iPhones, and electronics when in reality all of that stuff is superficial.

Thanksgiving is not the day to start your Christmas shopping, that’s what Black Friday is for. Thanksgiving is a day to be around family and friends and celebrate with a feast, not shop for a holiday that is a month away. That is not Jesus’ purpose and it also not what He wanted. Jesus wants those to remember what he did and why he did it. God wants people to spread love and happiness during the holiday seasons. Both Thanksgiving and Christmas are meant for those to enjoy each other’s company.

Written by Brittany Cravatta,  
Dunndead Publications







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
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## Get your Smile on!

Think about this: 

- \* Many folks want to serve God, but only as an adviser.
- \* Do you think “stop, drop, and roll” will work in Hell?
- \* Some minds are like concrete: thoroughly mixed up and have permanently set.
- \* God loves everyone but probably prefers “fruits of the Spirit” over nuts!
- \* The good Lord didn't create anything without a purpose, but mosquitoes came close.
- \* Opportunity may knock once, but temptation bangs on the front door forever.
- \* Quit griping about your church! If it was perfect, you couldn't belong.
- \* If your church needs a better pastor, it only needs to pray for the one it has.
- \* The best mathematical equation is 1 cross + 3 nails = 4 given.
- \* God Himself doesn't propose to judge a man until he's dead. So why should you?
- \* Don't wait for six strong men to take you to church.
- \* We don't change the message, the message changes us.
- \* Why advertise your business to keep God's word in print media? He will give you something to sing about and something you can dance to.

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## SHINE Volunteers Needed

Join an award-winning volunteer team!

The SHINE (Serving Health Insurance Needs of Elders) Program is a statewide volunteer program that offers seniors, adults with disabilities, and their caregivers free, unbiased counseling on Medicare, prescription drugs, and other health insurance matters. The SHINE SMP (Senior Medicare Patrol) Program educates beneficiaries on how to protect, detect, and report suspected Medicare fraud, waste, and abuse. These important programs are currently in need of volunteers. Individuals who are passionate about helping prepare others for some of the most crucial decisions in life, like choosing the right Medicare plan, make successful volunteers for SHINE. Being a SHINE volunteer is very rewarding and a great service to the community.

The rewards for volunteering with SHINE are abundant. Individuals complete a professional training by the Florida Department of Elder Affairs and the local Area Agency on Aging; serve the community by educating others on an individual basis and through outreach events; gain knowledge about Medicare to benefit themselves and loved ones; and become a part of an award-winning team. In order to participate, you must complete the volunteer application and online orientation.

SHINE is a program of the Florida Department of Elder Affairs and is operated locally through the Area Agency on Aging of Pasco & Pinellas. Specially trained SHINE counselors help educate and empower Medicare beneficiaries, their families, and caregivers to understand their health care options so they can make the best decisions for their individual needs. The SHINE mission is to provide free and unbiased information about Medicare and Medicaid for beneficiaries, their families, and caregivers. SHINE also educates beneficiaries to protect, detect, and report potential errors, fraud, and abuse with their Medicare coverage. To learn more call, 727-217-8111 or visit [www.floridashine.org](http://www.floridashine.org), click the Join Our Team link at the top of the page, and complete an online application.

“Know that the Lord is God. It is He who made us, and we are His; we are his people, the sheep of his pasture. Enter His gates with thanksgiving and his courts with praise; give thanks to Him and praise His name.”  
— Psalm 100:3-4

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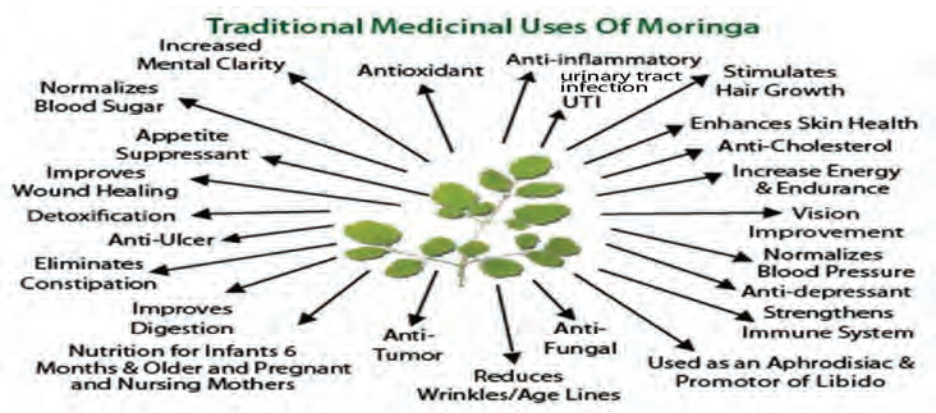
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*“I can fulfill God's vision by choosing to live with expectant hope. I will watch the Lord do the impossible in my life and use it to help reach people who need to know him.” —Ephesians 1:18*



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## GFWC Creates Sensory Garden



*Team of club members working on garden border*

GFWC Lutz-Land O'Lakes Woman's Club has undertaken a large special project in creating a sensory garden from scratch at Camp Idlewild in Land O'Lakes. This camp serves as a lovely setting for autistic children and the Woman's Club chose the garden project to provide a colorful fun space with a calm atmosphere for these campers. Members have provided benches, colorful borders, a gravel pathway, an interesting sculpture installation and Booster husband David Bellinger (pictured above) has made two beautiful garden arches AND the wooden Ms. Catie Pillar piece which may serve as the children's "train". Plantings will soon be installed and hopefully will attract beautiful butterflies, another calming effect for the children. The garden is still a work in progress but it is coming along beautifully in stages. For more information or membership opportunities, please visit [gfwclutzlandolakeswomensclub.org](http://gfwclutzlandolakeswomensclub.org) or its Facebook page.



*Club members enjoying a ride on club mascot, Ms. Catie Pillar (caterpillar).*

# GFWC State Convention



*Member Elayne Bassinger with array of new shoes and socks for kids*

GFWC Lutz-Land O'Lakes Woman's Club recently convened in Orlando with their Federation sisters for the Annual Fall Convention and workshops. As the women work together to learn new methods and avenues of support for their respective communities and various organizations and schools, they do take time off for a bit of fun in the evenings. The clubs statewide collected a great number of brand-new shoes and socks for young students starting their new school year as part of the "Kicks for Kids" program. Ms. Bassinger, above, displayed the Lutz-Land O'Lakes Club donations. Later in the evening, the fun began. Many excellent acts were performed, and the prize-winning duo for "Best Costumes" was Sonny (Elayne Bassinger) & Cher (President Annette Bellinger) in their '70's outfits. The ladies did a magnificent rendition of "I've Got You, Babe!" For more information and membership opportunities, please visit [gfwclutzlandolakeswomensclub.org](http://gfwclutzlandolakeswomensclub.org) or its Facebook page.



*Elayne Bassinger & President Annette Bellinger in their Sonny & Cher Act*

## GFWC Donates to Humane Society



*Club member Elaine Pittman delivering  
pet food and supplies*

GFWC Lutz-Land O'Lakes Woman's Club members support the Humane Society of Tampa Bay year 'round by donating cat and dog food, comfy pet beds, blankets, toys and other supplies for our furry friends. The Pasco County Animal Shelter is likewise supported by the clubwomen and donations are delivered every few months to both facilities. Pictured is member Elaine Pittman delivering supplies and filling the nearly empty donations bin at the Humane Society facility with needed supplies. For more information and membership opportunities, please visit [gfwclutzlandolakes-womansclub.org](http://gfwclutzlandolakes-womansclub.org) or its Facebook page.



## GFWC Welcomes New Members



*President Annette Bellinger explaining the structure of the club*

GFWC Lutz-Land O'Lakes Woman's Club invited and welcomed into its ranks a good number of new and prospective members at an Orientation Tea at the Lutz home of member Aniko Solomonson. President Annette Bellinger and Membership Chair Beth Nevel-Rader explained the club structure to the newcomers, as well as its various projects, the commitment to volunteerism, and community service as well as membership in the largest Federation of Women's Clubs in the country (GFWC). For more information on this volunteer organization or membership opportunities, please visit please visit [gfwcclutzlandolakeswomensclub.org](http://gfwcclutzlandolakeswomensclub.org) or its Facebook page.



*(L-R) President Annette Bellingar with new members Ellen Brayton, Membership Chair Beth Nevel-Rader, Kristina Belkola, Debbie Williams, April Saland and (front) Sue Welfley.*



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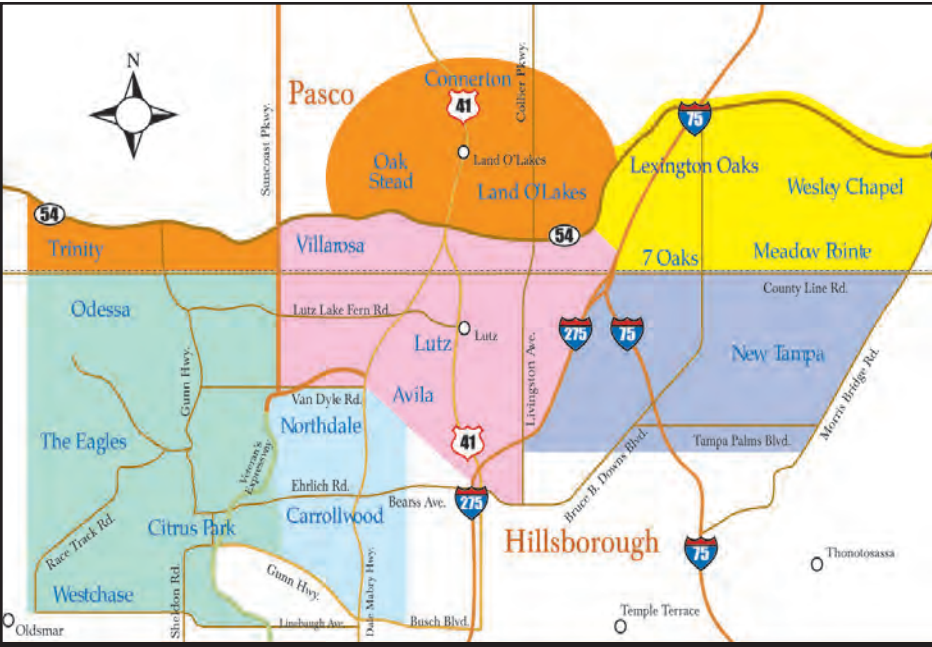
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*In the beginning God created the heavens and the earth. "The Big Bang" Genesis 1:3 "Let there be light..."*

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# November Garden Tips

from **Shell's Feed & Garden Supply, Inc.**

Your Monthly Garden To-Dos from your friends at Shell's Feed & Garden!



"Some of the days in November carry the whole memory of Summer as a fire opal carries the color of moon rise." ~Gladys Taber

## What to Plant

November is a great time to plant Florida Winter crops like Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Chinese Cabbage, Collards, Kohlrabi, Lettuce, Mustard Greens, Peas, Radish, Strawberries, Spinach, Onions, Turnips. Herbs: Basil, Chives, Coriander/Cilantro, Dill, Fennel, Mexican Tarragon, Mint(s), Oregano, Rosemary, Sage, Thyme. As you can see we're focused on Winter crops now! It's a good time also to root cuttings from your best Fall producing plants to overwinter in a warm protected place.

## What Needs Done

**Edibles/Veggies:** Established crops: add a side-dressing of fertilizer (6-6-6 or 8-8-8, or Shell's Organic 3-3-3. Keep up with weeding! Get mulch down if you haven't already to prepare for cooler temperatures coming up. Winter Garden seed sowing can happen this month, and definitely start transplanting your Winter starter plants, too. Seed potatoes will be arriving sometime this month, we usually get White Kennebec, Red Pontiac and Yukon gold, so check in with us, and ensure you clear space in your garden for planting potatoes. **Fungus?** Use Garden Friendly Fungicide. **Catapults?** Thuricide or Dipel. **Aphids/insects?** Conserve Naturalyte. Make sure you check out the Blog at [ShellsFeed.com/blog](http://ShellsFeed.com/blog) and you'll find lots of gardening articles to help you out.

**Lawn & Landscape:** **The Fertilizer Ban is over for City of Tampa. You may start fertilizing lawns and non-edibles now.** Fertilize your lawn and landscape to make the most of what's left of the Florida heat. It's a good time to overseed your lawn with Winter Rye for lawns that go dormant in the Winter (like Bahia) at 10 lbs/1000sf to help suppress weeds that take advantage of sleeping grass. November is a great time to plant new trees and shrubs., there's just enough heat and light for the roots to get established quickly now. Adjust your watering down as the days get cooler, plants won't need as much!

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